



# IJRU Rule Book

Competition Manual

Version 1.0.0-draft.2

## FOREWORD

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This is the second public draft of the IJRU rule book. Once again I would like to make you aware that we have removed text from several sections where we still have some decisions to make or wordings to figure out before we are ready to share them with you. Our goal is to have all those sorted out for the first release candidate of the rule book, which should be the net version we publish. Once again we would love your feedback on how we can make improvements.

Since October 2018 the IJRU Technical Congress has been hard at work trying to create a new set of rules for rope skipping. While much of the ideas might be familiar to you from FISAC-IRSF's and WJRF's rule books a lot of the rules are new. As best as we can we have tried to recognise weaknesses and strong areas in those incoming rule sets, and compare it to your feedback weighed with our history as a sport. We hope that you have followed our blog at [blog.ijru.sport](http://blog.ijru.sport) during this process. If you haven't please give it a read, we have tried to give detailed explanations for the rules in this rule book and why we have decided upon them.

As secretary for the IJRU technical congress I would once again like to extend a thank you to the rest of the amazing and passionate individuals in the technical congress. Without your expertise and time this rule book simply would not exist. I am truly honoured to be a part of this group taking rope skipping into a new era.

Svante Bengtson  
IJRU Technical Congress

## 1 TABLE OF CONTENTS

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Foreword .....	2
2 Rule Book.....	5
2.1 Official Version .....	5
2.2 Version Numbering .....	5
3 The Competitions .....	5
3.1 IJRU Competition Structure.....	5
3.2 Divisions.....	5
3.2.1 Gender Divisions.....	5
3.2.2 Age Divisions.....	6
3.2.2.1 International Open Championships .....	6
3.2.2.2 Youth Championships.....	6
3.2.2.3 World Championships .....	6
3.2.2.4 Show Contest.....	6
3.2.3 Team Sizes .....	6
3.3 Events .....	6
3.3.1 Events in the Individual Competition .....	6
3.3.2 Events in the Individual Overall Competition (INOC) .....	6
3.3.3 Events in the Team Competition .....	6
3.3.4 Events in the Single Rope Overall Competition (TSRO) .....	6
3.3.5 Events in the Double Dutch Overall Competition (TDDO) .....	7
3.3.6 All-Around Competition (TCAA) .....	7
3.3.7 Events in Show Competition .....	7
3.3.8 Event Awards.....	7
3.4 Registration/Qualification Processes .....	8
3.4.1 Qualification for World Championships Finals.....	8
4 Officials .....	8
4.1 Expectations of judges.....	8
4.2 Qualifications of Judges.....	8
4.3 Educating and updating judges .....	8
4.4 Judge and Volunteer Nominations.....	8
4.5 Assignment of judges .....	8
4.6 Judges Meeting .....	8
4.7 Judges uniform .....	8
5 General .....	9

5.1	Code of Conduct.....	9
5.2	Drugs and Anti-Doping .....	9
5.3	Protests and appeals .....	9
6	Executions and Technicalities.....	10
6.1	Competition Area .....	10
6.1.1	Freestyle Field .....	10
6.1.2	Speed and Multiples Field .....	10
6.1.3	Coach box .....	10
6.1.4	General Information.....	11
6.2	Equipment and Uniforms .....	11
6.3	Equipment Failure/Broken Rope.....	11
6.4	Music .....	11
6.5	Signals, Sounds and Call outs .....	11

## 2 RULE BOOK

Rules are generally stated only once.

### 2.1 OFFICIAL VERSION

Only a copy of this rule book that has been signed by the Tournament Director/Tournament Arranging Committee/BOD have legal identity in case of a disagreement

### 2.2 VERSION NUMBERING

The rule book is versioned using a modified version of semantic versioning.

Given a version number MAJOR.MINOR.PATCH, increments are made as follows

1. MAJOR version when rules are added, removed or modified in a way that incompatible with the previous version,
2. MINOR version when rules are added, removed or modified in a way that clarifies the intended meaning of the rules in a backwards compatible way (you can still compare results from previous competitions), and
3. PATCH version when style changes are made to the rules, such as correcting typos.

## 3 THE COMPETITIONS

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### 3.1 IJRU COMPETITION STRUCTURE

### 3.2 DIVISIONS

#### 3.2.1 Gender Divisions

All events, except for the Show Competition, have a female gender division and a male gender division.

All team events, except for the Show Competition, have a mixed gender division. In this division at least one female and one male athlete must compete in each event the team competes in. Failing to fulfil this criterion will disqualify the team from the event, and if applicable the All-Around Competition and/or affected Overall Competitions.

The Show Competition does only have an open gender division. A team may consist of athletes of one gender only, or of athletes of different genders.

### 3.2.2 Age Divisions

#### 3.2.2.1 *International Open Championships*

#### 3.2.2.2 *Youth Championships*

#### 3.2.2.3 *World Championships*

#### 3.2.2.4 *Show Contest*

### 3.2.3 Team Sizes

A team may consist of 4, 5, or 6 athletes. No divisions will be made based on team sizes.

## 3.3 EVENTS

### 3.3.1 Events in the Individual Competition

1. Single Rope Speed Sprint..... SRSS ..... 1x30 seconds ..... 1 athlete
2. Single Rope Speed Endurance ..... SRSE ..... 1x180 seconds ..... 1 athlete
3. Consecutive Triple Unders..... SRTU ..... No time limit ..... 1 athlete
4. Single Rope Individual Freestyle..... SRIF ..... 0-75 seconds ..... 1 athlete

### 3.3.2 Events in the Individual Overall Competition (INOC)

Out of the events detailed in section 3.3.1 the following are selected for the Individual Overall Competition.

1. Single Rope Speed Sprint ..... SRSS
2. Single Rope Speed Endurance ..... SRSE
3. Single Rope Individual Freestyle ..... SRIF

The same athlete must compete in all four events to qualify for the Individual Overall Competition

### 3.3.3 Events in the Team Competition

1. Single Rope Speed Relay ..... SRSR ..... 4x30 seconds ..... 4 athletes
2. Single Rope Pairs Double Unders ..... SRPD ..... 2x30 seconds ..... 2 athletes
3. Double Dutch Speed Relay ..... DDSR ..... 4x30 seconds ..... 4 athletes
4. Double Dutch Speed Sprint ..... DDSS ..... 1x60 seconds ..... 3 athletes
5. Single Rope Pair Freestyle ..... SRPF ..... 0-75 seconds ..... 2 athletes
6. Single Rope Team Freestyle ..... SRTF ..... 0-75 seconds ..... 4 athletes
7. Double Dutch Single Freestyle ..... DDSF ..... 0-75 seconds ..... 3 athletes
8. Double Dutch Pair Freestyle ..... DDPF ..... 0-75 seconds ..... 4 athletes
9. Double Dutch Triad Freestyle ..... DDTF ..... 0-75 seconds ..... 5 athletes
10. Wheel Pair Freestyle ..... WHPF ..... 0-75 seconds ..... 2 athletes

### 3.3.4 Events in the Single Rope Overall Competition (TSRO)

Out of the events detailed in section 3.3.3 the following are selected for the Single Rope Overall Competition.

1. Single Rope Speed Relay ..... SRSR
2. Single Rope Double Unders Relay ..... SRDR
3. Single Rope Pair Freestyle ..... SRPF
4. Single Rope Team Freestyle ..... SRTF

Athletes from the same team must compete in all events listed above to be qualified for the Single Rope Overall Competition

### 3.3.5 Events in the Double Dutch Overall Competition (TDDO)

Out of the events detailed in section 3.3.3 the following are selected for the Single Rope Overall Competition.

1. Double Dutch Speed Relay ..... DDSR
2. Double Dutch Speed Sprint ..... DDSS
3. Double Dutch Single Freestyle ..... DDSF
4. Double Dutch Pair Freestyle..... DDPF

In event 1 and 4, four people from the same team have to compete.

In event 2 and 3, three people from the same team have to compete.

### 3.3.6 All-Around Competition (TCAA)

If the same team competes in the Single Rope Overall Competition and the Double Dutch Overall Competition, it is automatically entered into the All-Around Competition.

### 3.3.7 Events in Show Competition

1. Show Freestyle ..... TSSF ..... X-Y seconds ..... N athletes

### 3.3.8 Event Awards

In the following events and categories, the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> ranking athletes are awarded. The 1<sup>st</sup> ranking athlete(s) will be awarded the title IJRU World Champion(s) for that event or category.

Awards are handed out separately for every gender and age division.

Awards for the categories (ISRO, TSRO, TDDO, and TCAA) will be awarded based on the results of the World Championships, awards for the individual events will be awarded based on the results of the World Championships Finals

### 3.4 REGISTRATION/QUALIFICATION PROCESSES

#### 3.4.1 Qualification for World Championships Finals

## 4 OFFICIALS

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### 4.1 EXPECTATIONS OF JUDGES

### 4.2 QUALIFICATIONS OF JUDGES

### 4.3 EDUCATING AND UPDATING JUDGES

### 4.4 JUDGE AND VOLUNTEER NOMINATIONS

### 4.5 ASSIGNMENT OF JUDGES

Each judge will be assigned by the Tournament/Competition Committee. Judge assignments will be provided to each NGB prior to the tournament. IJRU can make changes to the judging assignments right up until the start of an event.

There should never be more than 2 judges from the same country on a judging panel. There can only be one judge from a country in each judge type (i.e. presentation A, Presentation B, Difficulty)

The same judge types (i.e. difficulty or presentation) should never sit next to each other on a panel.

### 4.6 JUDGES MEETING

Prior to the start of a tournament, the Tournament Director will host a judges meeting. This meeting is mandatory for all judges.

### 4.7 JUDGES UNIFORM

Judges should appear professional and must abide by the following uniform requirements:

- Black pants or shorts (must be professional-looking)
- IJRU-supplied polos (all judges same colour)
- No country or club identifying logos or symbols may be worn
- Avoid wearing any noticeable logos

## 5 GENERAL

### 5.1 CODE OF CONDUCT

### 5.2 DRUGS AND ANTI-DOPING

### 5.3 PROTESTS AND APPEALS

The IJRU Competition Committee will designate a Tournament Committee that will hear and make decisions on protests and appeals within the competition. The Tournament Committee can hear protests on:

- A scoring error related to data entry or calculation error
- A decision by the tournament director or other tournament officials that is unfair or inconsistent with published IJRU rules.

Appeals will not be accepted on:

- The decisions or ratings of judges

At its judgement, the Tournament Committee may use a video replay recorded on competition-run equipment. This is only

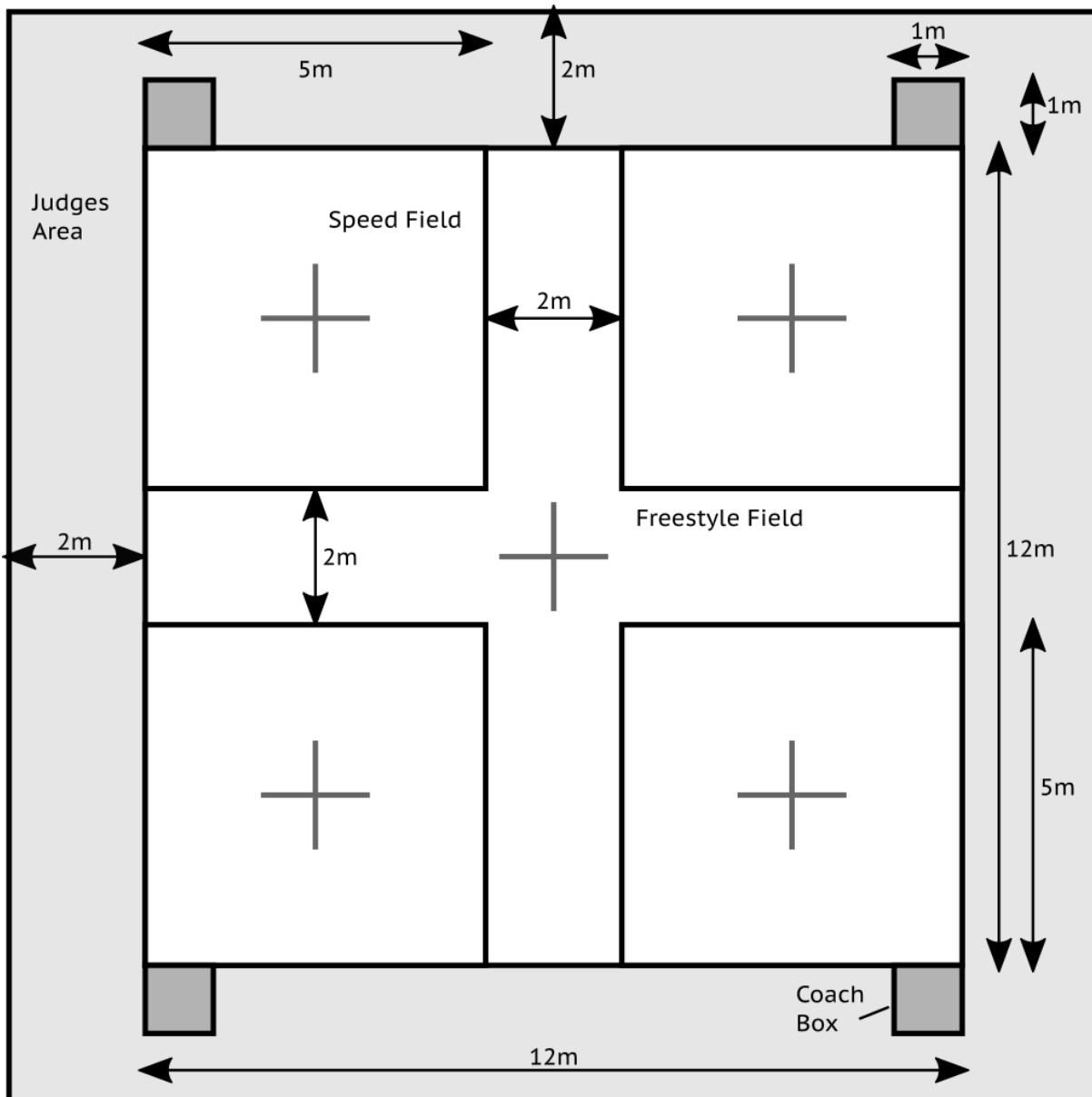
Protest/Appeal process:

1. Team head coaches or designated representative discusses the issue with the Tournament Director. The tournament director will propose a recommendation (and may consult with the full Tournament Committee, but this is not required.)
2. If the coach/designated representative does not agree with this decision, she/he has one hour of the decision to appeal to the full Tournament Committee.
3. On appeal, the coach/designated representative will present their case to the full Tournament Committee.
4. The Tournament Committee will meet in private, discuss the issue and vote on the issue. A majority is required to overturn the original decision of the tournament director.
5. The decision of the Tournament Committee is final and will be communicated to the coach/designated representative

If corrections are made after awards are distributed, athletes will not be required to return any incorrectly-given awards, but they may choose to do so as a show of sportsmanship.

## 6 EXECUTIONS AND TECHNICALITIES

### 6.1 COMPETITION AREA



The boundaries of the competition area will be marked with well-defined lines. The colour of these marks should be a clear contrast from the floor and other pre-existing marks on the floor.

#### 6.1.1 Freestyle Field

Freestyle fields are 12×12 meter squares.

#### 6.1.2 Speed and Multiples Field

Speed and multiples stations are 5×5 meter squares.

#### 6.1.3 Coach box

A 1×1 meter coach box will be placed outside of each speed and freestyle field and positioned at one of the corners.

One of the four sides of the coach box must be a part of the freestyle field or speed field's side.

The coach box should not block the view of the judges or IJRU cameras.

#### 6.1.4 General Information

The competition floor should be a high quality, wooden sprung or cushioned sports floor.

All competition areas must be measured from the outside edge of the boundary.

All boundaries must be clearly marked and visible.

There should be a 2-meter margin between each competition field.

## 6.2 EQUIPMENT AND UNIFORMS

## 6.3 EQUIPMENT FAILURE/BROKEN ROPE

## 6.4 MUSIC

## 6.5 SIGNALS, SOUNDS AND CALL OUTS